

Stovetop Chicken Parmesan

with Spaghetti & Kale

TIME: 30-40 minutes

SERVINGS: 4

In this quicker take on classic chicken parmesan, you'll cook chicken with tomato sauce and fresh mozzarella in a foil-covered pan on the stove.



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Rich & Decadent

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Ingredients



4
BONELESS,
SKINLESS
CHICKEN BREASTS



1 lb
SPAGHETTI



1/2 lb
FRESH
MOZZARELLA
CHEESE



1/4 cup
GRATED
PARMESAN
CHEESE



1 Tbsp
ITALIAN
SEASONING*



1 15-oz can
CRUSHED
TOMATOES



2 cloves
GARLIC



1 bunch
KALE



1
SHALLOT



1/4 tsp
CRUSHED RED
PEPPER FLAKES

* Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme, & Marjoram



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1 Prepare the ingredients:

- ☐ Heat a large pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Peel and thinly slice the **shallot**. Peel and roughly chop the **garlic**.
- ☐ Remove and discard the stems of the **kale**; finely chop the leaves.
- ☐ Tear the **mozzarella cheese** into small pieces.

2 Cook the kale:

- ☐ In a large pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot. Add **half the sliced shallot** and **half the chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened and fragrant.
- ☐ Add the **chopped kale** and **½ cup of water** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until the kale is wilted and the water has cooked off.
- ☐ Transfer to a bowl and cover with aluminum foil to keep warm. Wipe out the pan.



3 Cook the spaghetti:

- ☐ Add the **spaghetti** to the pot of boiling water and cook 8 to 10 minutes, or until al dente (still slightly firm to the bite). Turn off the heat.
- ☐ Reserving **½ cup of the pasta cooking water**, drain thoroughly and return to the pot.

4 Brown the chicken:

- ☐ While the spaghetti cooks, pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- ☐ In the same pan, heat a drizzle of olive oil on medium-high until hot. Add the seasoned chicken and cook 5 to 7 minutes on the first side, or until browned. Flip the chicken.



5 Make the sauce & finish the chicken:

- ☐ Add the **remaining sliced shallot** and **remaining chopped garlic** to the pan; season with salt and pepper. (If the pan seems dry, add a drizzle of olive oil.) Cook, stirring frequently, 30 seconds to 1 minute, or until slightly softened.
- ☐ Add the **Italian seasoning**, **tomatoes**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, occasionally spooning the sauce over the chicken, 3 to 4 minutes, or until slightly thickened.
- ☐ Evenly top the chicken with the **mozzarella cheese**. Loosely cover the pan with aluminum foil and cook 2 to 3 minutes, or until the cheese is melted and the chicken is cooked through. Turn off the heat.



6 Finish the spaghetti & serve your dish:

- ☐ To the pot of **cooked spaghetti**, add the **cooked kale**, **butter**, and **half the reserved pasta cooking water**; season with salt and pepper. Cook on medium-high, stirring vigorously, 1 to 2 minutes, or until the spaghetti is coated. (If the spaghetti seems dry, gradually add the remaining cooking water to achieve your desired consistency.) Season with salt and pepper to taste.
- ☐ Serve the finished spaghetti with the **finished chicken and sauce**. Garnish with the **parmesan cheese**. Enjoy!